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Tuesday



A FREE MAN

Swiss won't send Polanski to the U.S. on child rape charge 6

NEW AL-QAEDA THREAT

Somali militants claim responsibility for Uganda bombings 6

O, NO!

Kitty Kelley's Oprah bio is becoming a movie 39



JULY 13, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

HERE'S THE BEEF



'Better burger' joints are suddenly giving fast-food chains a run for their money, and the Washington area is leading the charge 9



am 86 | 75 pm

FOR EXTENDED FORECAST, SEE PAGE 37

EXPRESS PHOTO ILLUSTRATION



EYE OPENERS

Chlorine Works Overtime

A mass of people with nothing on but sunscreen and smiles crowded into a Los Gatos, Calif., swimming pool over the weekend in an attempt to set a skinny-dipping record. The 111 nudes were competing against about 100 other sites Saturday to nab the record, tracked by a group calling itself the American Association for Nude Recreation. (AP)

Salsa for Your MRE!

Wenk's Yellow Hots, Pico de Gallos and the super-hot San Juan "Tsiles" chili peppers have safely arrived at a "doomsday" vault in the Arctic. Sen. Ben Cardin, D-Md., and other congressmen delivered the seeds Sunday to a Norwegian seed bank, a safeguard against disasters that could wipe out food crops. (AP)

A Facebook Stalking Story That Isn't Creepy

A Maine woman's high school class ring is back in her possession 28 years after it was stolen. Michelle Bilodeau hadn't seen her ring since her junior year. On Friday, it was returned by a stranger who tracked her down on Facebook. Angie Foster found the ring years ago and called the high school to ask who had the initials MMB. Bilodeau did, but it wasn't until Foster tried Facebook that she found the ring's owner. (AP)

The Big Picture



EASTER ISLAND'S famous stone figures bear witness to the total solar eclipse seen in the sky over the remote Chilean island Sunday. As the moon covered the sun (as seen in the progression at right), the island and other remote outposts in the Pacific Ocean were plunged into darkness. (EXPRESS)



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In Brief



Albuquerque Police Chief Ray Schultz, center, discusses Monday's attack.

ALBUQUERQUE, N.M.

Gunman Kills Two, Self In N.M. Office Attack

A former employee opened fire at an Albuquerque fiber optics manufacturer Monday, killing two people and wounding four others before turning the gun on himself in what police called a domestic violence dispute. The shooting at Emcore Corp. appeared to involve the 37-year-old gunman's girlfriend, police Chief Ray Schultz said. It was not immediately clear whether she was among the dead. (AP)

SAN FRANCISCO

Court Aids Guatemalan Women's Asylum Claim

A court ruling Monday created the possibility that all Guatemalan women could qualify for political asylum in the U.S. because of the high female murder rate in the Central American country. The 9th U.S. Circuit Court of Appeals issued a strongly worded ruling reversing the deportation orders of two immigration courts that such a claim applies too broadly. (AP)

Confidence in Obama Erodes

Post-ABC poll: Nearly six in 10 lack faith in president's decisions

Washington

Public confidence in President Obama has hit a new low, according to the latest Washington Post-ABC News poll. Nearly six in 10 voters say they lack faith in the president to make the right decisions for the country's future, and a clear majority now disapproves of how he is dealing with the economy.

The public's opinion of the president is still higher than it is for members of congress, but the gap has shrunk. About seven in 10 registered voters say they lack confidence in congressional Democrats, and a similar proportion say so of congressional Republicans.

Overall, more than a third of all those polled — 36 percent — say they have just some or zero confidence in the president, congressional Democrats and congressional Republicans. Among independents, the disillusionment rises higher. About two-thirds continue to say they are dissatisfied



CAROLYN KASTER/AP

President Obama's numbers are sinking four months before the midterm elections.

or angry with the way the federal government is working.

Such broad negative sentiments have spurred a potent anti-incumbent mood in the nation. Just 26 percent of registered voters say they are inclined to vote to reelect their representative this fall.

43

The percentage of those surveyed in the Post-ABC poll who said they approve of Obama's work on the economy; 54 percent disapprove.

Democrats remain on the defensive as they seek to hold control of both houses of Congress. Registered voters are closely divided on the question of whether they will back Republicans or Democrats in House races this fall. Among those who say they are sure to cast ballots, 49 percent side with the GOP, 45 percent with the Democrats.

Overall, a slim majority would prefer Republican control of Congress, so the legislative branch would act as a check on the president's policies.

(THE WASHINGTON POST)

CAMPAIGNS



Former U.S. House speaker Newt Gingrich said Monday he's seriously considering seeking the Republican presidential nomination and will announce his decision early next year. Gingrich, 67, told The Associated Press that he would focus on helping Republican candidates through the midterm elections in November, then decide in February or March whether to seek the GOP nomination. "I've never been this serious," Gingrich said. (AP)

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BP Launches Cap Effort

Testing will require days to see whether new try halts oil spill

New Orleans

Deep-sea robots swarmed around BP's ruptured oil well Monday in a delicately choreographed effort to attach a tighter-fitting cap that could finally stop crude from gushing into the Gulf of Mexico nearly three months into the crisis.

Video of the billowing brown oil leak showed glimpses of yellow equipment and swinging robot arms engaged in a project akin to building a giant Lego tower underwater.

BP officials said that the 18-foot-high, 150,000-pound metal cap should be attached on Monday but that they will have to test and monitor the equipment for two days to see whether it can throttle the nation's worst offshore oil spill. Late Monday afternoon, the cap was being lowered into place and was just 40 feet away from the top of the well.

From the White House to Gulf Coast marinas and town halls, all eyes were on the slow, deliberate



Workers control the overshot tool aboard the Transocean Discoverer Inspiration.

Meanwhile ...

The Obama administration issued a revised moratorium on offshore drilling Monday to replace the one that was struck down by the courts as heavy-handed. The moratorium will apply to any deepwater floating facility with drilling activities. The original moratorium applied to those in waters more than 500 feet deep. (AP)

process a mile below the sea. President Obama is getting repeated updates, his adviser David Axelrod said. Residents on the coast were skeptical, though, and know that even if the gusher is contained, the disaster will be far from over.

If the cap works, the blown-out well will still be leaking. But the newer, tighter cap will enable BP to capture all the oil and funnel it up to ships on the surface if necessary. (AP)

Brown's Yea Boosts Financial Regulation Bill

Washington

Sen. Scott Brown, R-Mass., said Monday he plans to vote for legislation to rewrite the nation's financial regulations, all but assuring that the landmark legislation soon will pass in the Senate and head to

President Obama's desk.

"While it isn't perfect, I expect to support the bill when it comes up for a vote," Brown said in a statement. "It includes safeguards to help prevent another financial meltdown, ensures that consumers are protected, and it is paid for

without new taxes."

Democratic leaders made last-minute changes to the bill after Brown balked at a plan to pay for the projected cost of the financial overhaul with a fee on large banks and hedge funds. (THE WASHINGTON POST)


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PUBLISHING



Hugh Hefner's offer to take Playboy Enterprises Inc. private by purchasing the media empire's shares he doesn't already own for \$185 million drew the promise of a competing bid on Monday from the owner of archival Penthouse magazine. That raises the possibility that Playboy's 84-year-old founder could lose control of the men's magazine he started in 1953. (AP)

Comic Book Writer Pekar Dead

'American Splendor' author, 70, focused on regular people's lives

Cleveland

Harvey Pekar, whose autobiographical comic book series "American Splendor" portrayed his unglamorous life with bone-dry honesty and wit, was found dead at his home early Monday morning, authorities said. He was 70.

The cause of his death was unclear, and an autopsy was planned, officials said. Pekar had prostate cancer, asthma, high

blood pressure and depression, said Michael Cannon, a police captain in suburban Cleveland Heights.

Pekar took a radically different track from the superhero-laden comics that had dominated the industry. He instead specialized in the lives of ordinary people, chronicling his life as a file clerk in Cleveland and his relationship with his third wife, Joyce Brabner. His 1994 graphic novel, "Our Cancer Year," detailed his battle with lymphoma.

Pekar never drew himself but depended on collaborations with artists, most notably his friend



Harvey Pekar, shown in a 1986 file photo, created "American Splendor."

MARK DUNCAN/AP

R. Crumb, who helped illustrate the first issue of the ironically titled "American Splendor," published in 1976. It was made into an acclaimed 2003 film starring Paul Giamatti as Pekar. The most recent "American Splendor" was released in 2008.

"Harvey was one of the most compassionate and empathetic human beings I've ever met," Giamatti said in a statement. "He had a huge brain and an even bigger soul. And he was hilarious. He was a great artist, a true American poet, and there is no one to replace him." JAKE COYLE AND THOMAS J. SHEERAN (AP)

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Swiss Grant Polanski Freedom

Director will not be extradited to U.S. for sex crime sentencing

Bern, Switzerland

Roman Polanski was declared a free man on Monday after Switzerland rejected a U.S. request to extradite him to be sentenced for having sex in 1977 with a 13-year-old girl.

The Swiss government blamed the decision on U.S. authorities, saying they had failed to address defense arguments that the 76-year-old filmmaker had actually served his sentence before fleeing Los Angeles three decades ago.

Nine months after arresting Polanski, the Swiss Justice Ministry said U.S. officials should have backed up their request by providing confidential testimony about Polanski's sentencing procedure in L.A.



Roman Polanski faces sentencing in the U.S. for having sex with a 13-year-old girl.

The stunning decision could end the United States' long pursuit of Polanski.

France, where he has spent much of his time, does not extradite its own citizens, and Polans-

ki has had little trouble traveling throughout Europe — even if he's stayed away from Britain.

The U.S. cannot appeal the decision, but Polanski is still a fugitive in the United States.

"That warrant remains outstanding," Los Angeles Superior Court spokesman Allan Parachini said, adding that Polanski could be arrested and sent back to the U.S. if he traveled to another country that has an extradition deal with the United States.

The Swiss decision was praised by senior government officials in France and Poland, where Polanski holds dual citizenship. But there was criticism from groups representing victims of sexual abuse.

The Oscar-winning director of "Rosemary's Baby," "Chinatown" and "The Pianist" was accused of plying his victim with champagne and part of a Quaalude during a 1977 modeling shoot and raping her. He was initially indicted on six felony counts, including rape by use of drugs, child molesting and sodomy, but pleaded guilty to one count of unlawful sexual intercourse. **BRADLEY S. KLAPPER, FRANK JORDANS (AP)**



Fidel Castro re-emerged this week in Cuba, four years after falling ill.

Castro Back In Limelight With a TV Appearance

Havana

Fidel Castro is striding back into the limelight after years behind the scenes and out of view.

Days after being photographed in public for the first time since he fell ill in 2006, the 83-year-old revolutionary leader made a highly promoted appearance on state television Monday night. While Castro spoke slowly, he appeared relaxed and cogent in his most prominent television interview in years.

Appearances by Castro have been extremely rare since a serious illness in July 2006 forced him to step down — first temporarily, then permanently — and hand power over to his younger brother Raul.

Castro's sudden reemergence comes after the dramatic announcement last week that Cuba will free 52 political prisoners in the next few months under a deal with the Roman Catholic Church.

Cubans reacted with surprise to word of Fidel Castro's relative media blitz.

"I think it will have a positive effect on people," 21-year-old student David Suarez told AP. "It will give hope that once again he will help to solve our problems." (AP)

'Barefoot' Thief Questioned by Bahamas Police

Nassau, Bahamas

A resourceful teenage fugitive who police have called the "Barefoot Bandit" was being questioned inside a Bahamian jail Monday as he spent his first full day behind bars after an audacious two-year run that gave him near-folk hero status.

Police Commissioner Ellison Greenslade said Colton Harris-Moore was being interviewed by investigators but declined to say whether the 19-year-old had made any kind of statement to authorities.

Greenslade was complimentary of Harris-Moore despite the week-long manhunt that ended with police shooting out the outboard engine on a motorboat off Eleuthera island. "He's very eloquent, obviously a very intelligent young man," Greenslade said. (AP)

Somalia: a New Al-Qaeda Threat

Kampala, Uganda

East Africa saw the emergence of a new international terrorist group Monday, as Somalia's most dangerous al-Qaeda-linked militia claimed responsibility for the twin bombings in Uganda that killed 74 people during the World Cup.

The claim by al-Shabab, whose fighters are trained by militant veterans of the conflicts in Afghanistan and Iraq, resets the security equation in East Africa and has broader implications worldwide. The group in the past has recruited Somali-Americans to carry out suicide bombings in Mogadishu.

Al-Shabab, an ultraconservative Islamic group that has drawn comparisons to the Taliban, has long threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

"We warned Uganda not to



An bombing victim is carried on a stretcher in Kampala's Mulago hospital Monday.

deploy troops to Somalia; they ignored us," said Sheik Ali Mohamed Rage, al-Shabab's spokesman. "We warned them to stop massacring our people, and they ignored that. ... We will target them everywhere if Uganda does not withdraw from our land."

The attacks outside Somalia represent a dangerous new step in al-Shabab's increasingly militant path and raises questions about its future plans. Other neighboring nations — Kenya, Djibouti and Ethiopia, along with Burundi — may also face new attacks, analysts say. (AP)

Israel Cites Bad Intel in Deadly Raid on Flotilla

Tel Aviv, Israel

Flawed intelligence-gathering and planning led to Israel's botched and deadly raid on a Gaza-bound protest flotilla, with security forces underestimating the potential for violence, said the official report released Monday.

The report, however, praised the commandos involved, saying they were justified in opening fire and killing nine after being confronted by violent pro-Palestinian activists. The report criticized the operation's planners for not having a backup plan in the event of violence. (AP)

ICC Calls Darfur Acts Genocide

The Hague, Netherlands

The International Criminal Court on Monday charged Sudanese President Omar al-Bashir with three counts of genocide in Darfur, a move that will pile further diplomatic pressure on his isolated regime.

The decision marked the first time the world's first permanent war crimes tribunal has issued genocide charges. An arrest warrant for al-Bashir said there were "reasonable grounds to believe" that since April 2003, Sudanese forces attempted genocide against the Darfur tribal groups Fur, Masalit and Zaghawa. (AP)

Crying Over Milk Prices in Belgium



GEORGES GOBET/AFP/GETTY IMAGES

POLICE WALK AMONG ITEMS thrown by milk producers outside an EU Agriculture and Fisheries Council meeting in Brussels on Monday. Europe milk producers are angry about falling milk prices and are asking for the EU's help.

DISCOVERIES



Archaeologists say a newly discovered clay fragment from the 14th century B.C. is the oldest example of writing ever found in antiquity-rich Jerusalem. The 2-centimeter long fragment bears an ancient form of writing known as Akkadian wedge script. The fragment includes a partial text including the words "you," "them," and "later." It predates the next-oldest example of writing found in Jerusalem by 600 years. (AP)

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World

S. Africa Scores Big off the Field

The World Cup host defies skeptics with unity and warmth

Johannesburg

On the field of play, South Africa fared worse than any host nation in World Cup history. Off the field, it was a resounding winner, overcoming past strife and present troubles to charm the world with pluck, hard work and warmth.

The pre-tournament skeptics abroad — who forecast crime and chaos — had to swallow their words. At home, black and white South Africans joined together as never before, sharing pride



DENIS FARRELL/AP

Once-fractured South Africa surprised many with its display of national pride.

in their formerly fractured country and marveling at the world's embrace.

"We have bedazzled ourselves, and the world, with our warmth,

efficiency, beauty and our promise," said retired archbishop Desmond Tutu, who won a Nobel Peace Prize in 1984 for his fight against apartheid. "Never before have we experienced this overwhelming joy of unity in purpose."

It was the first World Cup held in Africa — and the biggest global gathering ever in a country that for decades was isolated by a sports boycott over its racist laws and white-minority government.

FIFA head Sepp Blatter, an early champion of bringing the tournament to Africa, gave the South African organizers a grade of 9 out of 10 — "summa cum laude" — and said their nation had "responded brilliantly" to its role as host. (AP)

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D.C. — A Meating Ground

The nation's capital becomes a haven for high-grade burgers

Falls Church, Va.

With a drive-through seemingly on every corner, you might think the market for burgers long ago reached saturation. But the fastest-growing restaurant chain in America last year was Five Guys, which specializes in double-pattied behemoths the size of a softball.

And that's just the tip of the arugula. So-called "better burger" joints are one of the fastest-growing parts of the restaurant industry. Celebrity chef Bobby Flay launched Bobby's Burger Palace in the Northeast. Elevation Burger is expanding into Kuwait. Mooyah Burgers & Fries, Meatheads and the Shake Shack are looking to expand.

Higher-grade beef, fresher or more creative toppings, and better buns are bringing customers in the door.

The D.C. area has emerged as fertile ground for ground chuck. Five Guys, the earliest success story, is based in Lorton, Va., Elevation Burger in Arlington and BGR The Burger Joint in Lansdowne.

Ray's Hell-Burger, also in Arlington, is not a chain, but the restaurant earned a national profile when President Obama took Vice President Joe Biden and Russian President Dmitry Medvedev there last month. (Medvedev's review: "Not quite healthy, but it's very tasty.")

It's a market that has room to grow. Such chains represent only about 2 percent of the \$65 billion burger market, said Darren Trista-

Presidential Preference?



ROGER L. WOLLENBERG/GETTY IMAGES

Vice President Joe Biden and President Obama grab a bite to eat at Ray's Hell-Burger in Arlington on May 5, 2009. It was one of Obama's first visits to a local eatery as president.



BRENDAN SMIALOWSKI/GETTY IMAGES

President Obama looks up at the menu at a Five Guys in Southeast D.C. on May 29, 2009. Obama is hardly alone in liking Five Guys, the nation's fastest-growing restaurant chain in 2009.



DMITRY ASTAKHOV/AP/GETTY IMAGES

President Obama takes Russian President Dmitry Medvedev to lunch at Ray's Hell-Burger on June 24, 2010. Obama obviously likes Ray's, where he's gone twice for burgers.



Family Food Fight?

First lady Michelle Obama has made combating obesity a top priority since her husband took office. But the president's affinity for junk food seems to put the Obamas at odds. Or does it? "I love burgers and fries," the first lady said while launching Let's Move, a nationwide campaign to fight childhood obesity. "And I love ice cream and cake. ... So do most kids. And we're not talking about a lifestyle that excludes all that." She has even made a burger run of her own in D.C. — to Good Stuff Eatery, where a burger is named after President Obama. (EXPRESS)

no, executive vice president of Chicago-based restaurant consultant Technomic.

"The traditional players — McDonald's, Burger King and Wendy's — have really shifted their focus away from burgers to breakfast, chicken and beverages," said Tristano. He predicts better burger chains will continue to have double-digit sales growth for at least the next few years.

Five Guys, like others, sells the fact that its burgers are never frozen — the stores don't even have

"The gourmet burger industry will be survival of the fittest."

— **MARK BUCHER**, THE FOUNDER AND VICE CHAIRMAN OF BGR THE BURGER JOINT.

freezers, only coolers. Elevation Burger uses organic, grass-fed beef and sells fries cooked in olive oil. BGR uses a mix of dry-aged beef.

Mark Bucher, the founder and vice chairman of BGR The Burger Joint, said he plans to keep BGR in the mid-Atlantic region for now. Bucher says he's been through this before, as a major player in the bagel boom of the '90s.

Five Guys' expansion had a long prep time. "It isn't anything we wanted to do. We just kind of got pulled that way" after would-be franchisees continually pitched the concept, founder Jerry Murrell said. After expanding regionally for a few years, the company went national two years ago. In 2009, sales jumped 50 percent to \$453 million, making it the fastest-growing restaurant with sales over \$200 million, according to Technomic. (AP)



Nominate now President Obama has cast his vote for D.C.-area dining (see above). Now, we want you to dish on that and more. From now until Aug. 13, you can tell us your 100 favorite D.C.-area people, places and things. Finalist voting to come. **Weigh in at Expressnighout.com.**

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Local

Metro Elevator Traps 5

Family stuck for more than 30 minutes in Cleveland Park lift

Washington

A family of five was stuck in the elevator at the Cleveland Park Metro station for more than a half-hour Monday afternoon.

At 12:45 p.m., fire spokesman Pete Piringer sent out an alert that the elevator had broken with the parents and children trapped inside, later adding that everyone was safe and unharmed.

It wasn't until just before



The Cleveland Park station's elevator won't be running for at least two days.

1:30 p.m. that he wrote that the family was "freed and happy."

The elevator runs up a lengthy shaft from the Cleveland Park Metro station mezzanine to Connecticut Avenue near the zoo, and is often used by families with strollers and young children bound to check out the animals — but the family likely expected to be outside, with the animals confined, not them.

According to Piringer, fire and EMS personnel handle five to eight elevator emergencies every weekday, or about 1,500 elevator emergencies a year. LUKE ROSIAK (THE WASHINGTON POST)

washingtonpost.com



PFC. THOMAS D. COSTELLO of the United States Army — a doughboy from World War I whose remains were recently unearthed in France — was buried Monday at Arlington National Cemetery. Costello, who died in 1918, was identified after a Pentagon investigation. | washingtonpost.com/local

Williamsburg To Go Paperless With City iPads

Williamsburg, Va.

Perhaps unexpected from a town famous for its 18th-century roots, Williamsburg this week joined other communities stepping confidently into the 21st century by forsaking paper city council agendas in favor of the Apple iPad.

"We move into the future," said newly installed Mayor Clyde Haulman after the unanimous vote on Thursday to purchase the tablet computers for council members.

City Council's decision to save money and go green by saving thousands of sheets of paper a month mirrors a move Hampton made. That city chose to go paperless in May. (AP)

The Lotteries

Monday, July 12		Virginia	
District		Mid-day Pick 3	7-2-1
Mid-day Lucky Numbers	9-7-5	Evening Pick 3 (Sun.)	0-4-2
Evening Lucky Numbers (Sun.)	1-2-9	Mid-day Pick 4	5-4-8-8
Mid-day DC 4	2-7-3-6	Evening Pick 4 (Sun.)	6-1-3-8
Evening DC 4 (Sun.)	2-2-1-9	Mid-day Cash 5 (Sun.)	1-3-14-28-33
Mid-day D.C. Five	8-1-3-7-8	Evening Cash 5 (Sun.)	9-10-19-27-30
Evening D.C. Five (Sun.)	8-9-9-2-3		
Daily 6 (Sun.)	4-12-21-22-29-30 (13)		
		Maryland	
		Mid-day Pick 3	7-7-8
		Evening Pick 3 (Sun.)	0-0-3
		Mid-day Pick 4	6-1-9-2
		Evening Pick 4 (Sun.)	0-4-0-2
		Match 5 (Sun.)	1-11-13-24-34 (6)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Local

Lawyer: I'm LeBron James' Dad

Washington

As if LeBron James hadn't brought enough drama into his own life. While the NBA superstar was building nationwide suspense over which city he'd sign with, a D.C. lawyer quietly filed a \$4 million suit claiming he was the player's father — and that James and his mother conspired to cover it up.

"This suit is really about whether he's my son and I'm his father," Leicester Bryce Stovell, 55, said Friday. "This is not one of those popping out of woodwork to exploit a celebrity's fame and fortune."

Stovell's suit, which challenges James's oft-told story of abandonment by an ex-con dad, is a bit of a mind bender. The Princeton grad



James

Stovell

claims he had a one-night stand with Gloria James in 1984 — according to his story, he met the 15-year-old (he thought she was in her 20s) at the nightclub D.C. Space when she was visiting from Akron.

In his 23-page lawsuit filed in federal court, Stovell claims the young woman sought him out a few months later, saying she was pregnant and planned to name her son LeBron. Stovell says he

never heard from her again. LeBron James was born the following December.

Flash-forward a couple decades: Stovell, looking back, began to wonder whether he might be the star's dad. In 2007, he contacted James's attorneys. He says that in a conference call, Gloria James denied ever meeting him, but the player agreed to provide a DNA sample. The result: no match.

But Stovell has persisted. Since settling a 2002 racial-discrimination claim against his long-time employers at the SEC, the lawyer has worked for himself — and he's representing himself in the James case. James's attorney flatly denied Stovell's claims. (THE WASHINGTON POST)

2 The ranking of **Columbia/Ellicott City** in Money Magazine's "America's Best Places to Live" 2010 list for small towns. Eden Prairie, Minn., won the top spot in the annual survey. The Howard County, Md., cities were the only mid-Atlantic cities in the top 20; Gaithersburg ranked No. 25.

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“By going out and playing and working hard off the field ... that’s the best way of remembering and representing the name I carry.”

— **MATT CAPPS**, THE NATIONALS CLOSER ON HOW HE DOES HIS BEST TO HONOR THE MEMORY OF HIS FATHER, WHO DIED LAST OCTOBER OF A HEART ATTACK.

Swengali

What Have We Seen From James?

As part of its catharsis, broken-hearted Cleveland is removing a LeBron James mural that reads: “We are all witnesses.”

Out of sight, out of mind — right? Well, one out of two ain’t bad.

As Miami revels in its new “Big

Three,” the picture’s removal raises the question: What have we seen from James?

Did the sports world witness the Akron, Ohio, native turn one of the NBA’s worst franchises into a title contender? For sure.

Did we watch a star, who completed his contract, exercise his freedom to choose a new employer? Yup.

How about seeing a franchise player quit on his team during the playoffs, as



By Matt Swenson

JOHN McDONNELL/TWP

Gilbert’s shocking outburst suggests James did the right thing in leaving his home state.

Cavaliers owner Dan Gilbert damningly accused him of? Maybe not so much.

Let’s get this straight: James had every right to leave Cleveland. In fact, Gilbert’s shocking outburst suggests James did the right thing in leaving his home state.

That being said, announcing the decision on ESPN and not doing it face to face exposed James’ narcissistic side. It was one last hurrah before becoming second fiddle in a state that renamed Miami-Dade County to Miami-Wade last week to woo Dwyane Wade to stay.

And that is what we really did see: King James gave up his crown.

He’s now Lancelot to Wade’s Arthur. He’s still at the round table — he’ll just never sit at its head, which may be how the overexposed James has wanted it all along.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



Matt Capps will be the Washington Nationals’ lone representative in Tuesday’s All-Star Game, a major turnaround for the closer after he was let go by the Pittsburgh Pirates.

Capps’ Fitting Tribute to Father

All-Star closer learns to thrive without his dad being there to see

The Nationals

Matt Capps sometimes talks with his father, but mostly he just listens. The lessons Mike Capps imparted to his son before he passed away last October are still there. During his toughest days, Capps can hear his dad telling him, “Nobody said it was going to be easy.” During his best days, Capps hears, “Somebody has to be the best.”

At once, Capps believes his father is with him and also knows he is not. Capps spoke over the telephone with his father every day.

His father’s absence hits him hardest at his most joyful moments. Last week, when Capps made the National League All-Star team, he did not think first about the hardships he overcame or what the achievement meant. He thought about how badly he wanted to call his father.

On Tuesday, Capps will represent the Washington Nationals in the All-Star Game. Players across the National League anointed him one of the best closers in the game months after the Pittsburgh Pirates did not tender him a contract, months after he sat in a quiet cabin in North Carolina with his wife, Jen, and decided, late Christmas night, he would play in Washington.

In his first season pitching after the death of his father, Capps does

All-Star Starters

Colorado ace Ubaldo Jimenez will start for the National League in the All-Star Game, and the AL will counter with Tampa Bay’s David Price. The NL will try Tuesday night to end a 13-year drought in baseball’s midsummer classic. Jimenez is 15-1 and has a 2.20 ERA in 18 starts and 127 innings for the Rockies. Price is 12-4 with a 2.42 ERA. (AP)

not pay tribute to him in any outward way and doesn’t keep any physical mementos of him. He says a prayer behind the mound before he throws his first pitch. He knows that’s all his father would want.

“I’m moving forward and doing

what I want to do,” Capps said. “That would make him proud to know.”

In his first appearance with the Nats, Capps entered the ninth with a one-run lead. He allowed a leadoff double and pushed the tying run to third base with one out. With two pop-ups, Capps got the save.

It provided a preview of heart-stopping ninth innings to come. He allows 1.45 base runners per inning, and in six of his 23 saves, Capps has allowed the tying run to reach scoring position with fewer than two outs. “I’ve told Matt his momma is getting too old for his saves,” Kathy Capps said, laughing. “I told him he needs to go out there and get the job and get it over with.” **ADAM KILGORE**

(THE WASHINGTON POST)



POPULARITY

Stephen Strasburg’s jersey was the best-selling MLB model in June, and he is thought to have sold more jerseys in that month than any player in his first month in MLB history. More than 78,000

Strasburg jerseys were sold through July 1, making his the top-selling Washington Nationals jersey of all time. Yes, in one month he outpaced the entire career of Ryan Zimmerman for jersey sales. (THE WASHINGTON POST)



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Sports

A Unified Party in Spain

Nation temporarily puts aside regional feud to celebrate win

Soccer

Spain's football team returned home to a jubilant nation and a huge fiesta Monday after winning the World Cup, finally giving Spaniards a break from months of economic gloom, political squabbling and nationalist regions fighting for greater autonomy from the central government.

The team was received by King Juan Carlos and was heading later to meet Prime Minister Jose Luis Rodriguez Zapatero before embarking on an open-air bus ride through Madrid's historic center, the epicenter of the celebration party for the second day in a row.

But there were striking examples of cheering for Spain from unlikely places: The well-off Catalonia region that has long sought greater autonomy, and the separatist Basque region where anything pro-Spain is often shunned.

"It's very important; it helps us forget a lot of things, like the economic crisis, for example," said



Spain captain Iker Casillas lifts the World Cup trophy in a parade in Madrid Monday.

Meanwhile ...

No more World Cup, no more octopus oracle. Paul, the octopus who became a phenomenon by correctly predicting the outcome of as many World Cup matches as he has legs—all seven of Germany's games plus the Spain-Netherlands final—is retiring. The intuitive invertebrate will "step back from the official oracle business," said Tanja Munzig, a spokeswoman for the Sea Life aquarium in Oberhausen, Germany. "Paul will get back to his former job: namely, making children laugh." (AP)

Javier Sanchez, a 42-year-old photographer from Madrid.

While the spotlight will be on Madrid when the team is cheered, the win led to a rare sight in Catalonia's regional capital of Barcelona: Spanish flags waving side-by-side with Catalonia's very own red and yellow flag.

"It has been very strange, but now it is being tolerated," said Saray Lozano, a 31-year-old taxi driver from Barcelona. "If it weren't for football, you might get rocks thrown at you for publicly displaying Spain's national symbol." **ALAN CLENNENING AND FRANK GRIFFITHS (AP)**

Rose Paired With Tiger at British

Golf

Tiger Woods will play the first two rounds of the British Open with Justin Rose of England, one of the hottest players in golf with two PGA Tour victories in his last three starts.

It will be the first time Woods and Rose have been drawn together in the Open since 2002 at Muirfield, although the circumstances were far different eight years ago.

Rose had just won his first tournament as a professional and was starting to turn his career around. Woods was going for the third leg of the calendar Grand Slam.

The 29-year-old Englishman is



Justin Rose was drawn with Woods at the Open for the first time since 2002.

not the only player coming to St. Andrews in top form. U.S. Open champion Graeme McDowell has won his last two tournaments, the Wales Open and the U.S. Open at Pebble Beach. **DOUG FERGUSON (AP)**

TV Lineup

BASEBALL (8 P.M., FOX) The National League is desperate to snap the American League's decade of dominance in the All-Star Game in Anaheim, Calif.

SOCCER (9 P.M., ESPN) The U.S. women's national team takes on Sweden in an exhibition match in Omaha, Neb.

CYCLING (7 A.M., VERSUS) Lance Armstrong is a non-factor as the Tour de France resumes with Stage 9 between Morzine-Avoriaz and Saint-Jean-de-Maurienne, France.

WNBA (7 P.M., ESPN2) The Tulsa Shock and Los Angeles Sparks tip off the second half of the WNBA season.



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Sports

NCAA Details New-Look Tourney

March Madness set to expand to 68 with 'First Four' matchups

Men's College Hoops

March Madness is about to get a little bit bigger.

The NCAA unveiled its plans for the newly expanded 68-team men's basketball tournament Monday: Beginning next March, eight teams will play early in the opening week in a "First Four" round, with the winners advancing to games on Thursday or Friday.

Two of the early games will match the tournament's lowest seeds, Nos. 65 through 68. The




Duke's Nolan Smith (2) celebrates after winning the 2010 NCAA championship.

other two games will include the last four at-large qualifiers.

The format appears to be a compromise. Including the lowest at-large teams will probably prevent mid-majors from being over-represented in the first round, but it could also mean that two teams from bigger conferences — those generally seeded between 11th and 13th — will be out before the tournament really gets going.

"You're not going to come up with a model that is going to appease every constituency out there," committee chair Dan Guerrero said. "But we felt that this model provided the opportunity to do something special for the tournament." (AP)



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Guinea Pig | What a Racket

Prince's O-technology, composed of large "holes" along the frame of a racket, is designed to boost control and speed. That's the selling point for the manufacturer's EX03 White and EX03 Black (\$179-\$189). White is supposed to increase your racket's sweet spot, but we didn't notice. Wesley Snipes, however, was right about always betting on black. Thanks to a groove within the frame to boost accuracy, it helped us land many strategically placed shots.

Body Talk



COURTESY REI

Outside Chance

Before your offspring grow up to be teenagers who just wish their parents would take a hike, you should take a hike with them. REI Family Adventures (Rei.com/family-adventure) is encouraging clans to bike, boat and explore nature this summer with a downloadable activity journal and a ton of resources on kid-friendly parks all over the U.S.



By Vicky Hallett

"Sometimes parents don't know where to go or how to keep them engaged and active," says Halle Enyedy, REI Outdoor School mid-Atlantic market supervisor. But give children a song to yell out, a scavenger hunt to keep their eyes on the wildlife around them and a few plant-themed puzzles to solve, and you can establish a family tradition of outdoor exploration. She recommends that parents with young kids start somewhere with simple, short trails and a water feature, such as Maryland's Clopper Lake.

Because going outside also requires encountering some of the bad parts of nature — bugs, poison ivy, hot sun — it's critical you're prepared with a first-aid kit, plenty of water and common sense. "That makes it a more successful trip for all ages," Enyedy says.

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

KING OF THE KASTLES

It's hard to keep pace with doubles star Leander Paes

Athletes

After triumphing at a major sporting event, you're supposed to go to Disneyland, right? Not Leander Paes, the 37-year-old Indian doubles tennis star who won his 12th Grand Slam title at Wimbledon two weeks ago. He went directly from London to the U.S. to return to the roster of last year's World Team Tennis champions, the Washington Kastles. "D.C. rocks," he says. Fans who've watched Paes dominate his opponents say the exact same thing about him.

How are you managing to play in this heat?

It's close to what India is like. I'm used to it. But I'm impressed with the humidity here. If it was 10 degrees and windy, I'd be in trouble. I drink a lot of fluid — and not just water, but also Gatorade. Normally, I start drinking the day before with a liter and a half. If I don't, my energy levels drop.

You're known for being particularly athletic. What's your fitness regimen?

In the past 20 years, it's gone from heavy lifting to a lot of cardio and now to agility. In tennis, you're not just moving forward and sideways. You have to be able to move in every direction. I also keep my body healthy in the mornings with 45 minutes of yoga and 45 minutes of meditation.

What sort of yoga?

It's Ashtanga. And I would attribute the longevity of my career to that. It keeps me flexible and injury free, especially certain poses. Cobra really helps for my serve because I can reach higher.



I've heard you're a tap dancer. True?

I like finding different ways to do cardio and get the feet going. Some people don't believe in cross-training. But I think something like basketball or football is great for tennis. Same with tap dancing. It builds the quads and the calves, plus it's a lot of fun. To put three hours into time at the gym isn't fun for me anymore. I'm keeping happy.

How has scaling back on the weight lifting affected you?

It's made my body a lot more supple in terms of movement. I find my speed is an advantage. I try to play against my opponents with speed and shorten the time they have to react.

What's your game ritual?

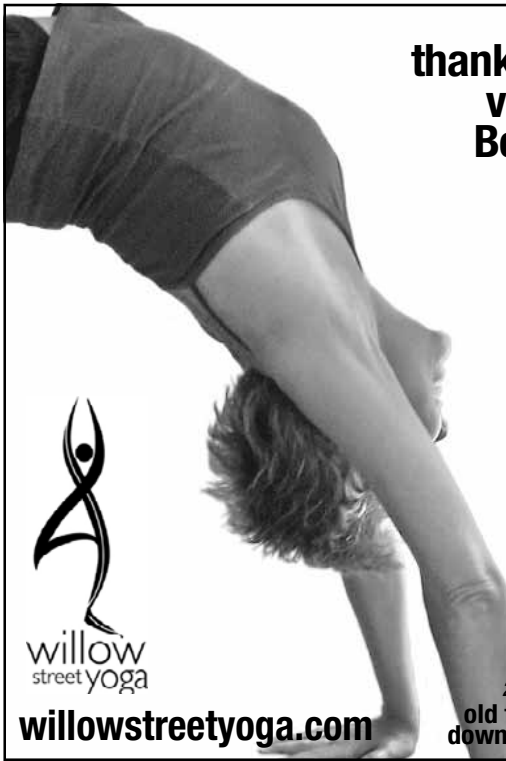
I eat two hours before, and I keep drinking water. Forty-five minutes before, I do some stretching. Twenty minutes before is when I shut down — I turn my phone off, put things aside so I can be single-minded. If there's no thought in the mind, you can react faster.

Any idea when you'll retire?

If I wake up 31 days in a row hating my job, I'll stop. When I was 21, I wanted to stop. I'd been on the road for eight months, and when I got home, I threw my bags in the corner. My dad is a smart cookie and didn't force me to do anything. He said, "You're still going to be my son. What's next?" Three months later, I was playing again. VICKY HALLETT (EXPRESS)

See Him In Action


The team tennis season is just one month long, but the Kastles (Washingtonkastles.com) are serving up four more home games at the stadium at 11th and H streets NW. In addition to Paes, other stars will be on the court, including Serena Williams (Wed.), John McEnroe (July 20) and Anna Kournikova (July 21).




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The Battle Over The Baby Shower

Q I got picked to host a baby shower. The mom-to-be is my half-brother's ex-fiancée. Her sister despises my brother. They don't get along, and neither do my mom and the mom-to-be. The shower is in a few weeks, so how do I keep things civil between everyone before threatening to call it off? **IN THE MIDDLE**

And threatening to call it off would be a bad thing why? (There are no etiquette rules I know of regarding the proper role of the half-sister of the ex-fiancée.)

Honestly, you can't keep things civil between people who don't want to be civil to each other, at least without liberal use of horse tranquilizers. But you do have the right to set boundaries. Tell your mother that as a favor to you, you expect her to be on her best behavior, and that people who aren't being polite are discreetly going to be asked to leave. And keep your eye on the big picture: Don't make your life miserable trying to make things perfect. Having people in the same room just for the sake of what's "supposed" to be done doesn't do anyone any favors — especially when those people are tempted to use the cocktail forks as weapons.



By Dr. Andrea Bonior

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

No 'Me Time' All the Time

Q My husband is always looking to have "me" time on the weekends, because he says he works hard during the week and needs to unwind. But this means that he barely spends any time with me and our 9-month-old twins! He goes golfing, takes rides on his Harley and watches sporting events. He's loving to the boys when he is with them, but I don't feel like he makes them (or me) a priority. **FRUSTRATED WIFE**

The first year or two of children's lives typically involve the sacrifice of a decent amount of their parents' wants. And no matter how you slice it, most endeavors involving a golf course fall into the category of wants, not needs (bring on the hate mail!).

It's not that "me" time isn't important. But taking long chunks out of every weekend when you're feeling overburdened is putting his

"me" above your "me," and a solid partnership can't be sustained with that type of imbalance.

Of course, it's about compromise. But in order to get there, you have to help him understand how this affects you emotionally, and not make him feel like you're criticizing him as a father. And try to offer alternative ways for him to get "me" time without it taking quite so long.

Event Horizon Tony Awards

Run with infomercial sensation Tony Horton of P90X fame at the National Press Club's Beat the Deadline 5K this Saturday. Express' Vicky Hallett and her Washington Post co-columnist, Lenny Bernstein, will also be lacing up their shoes to participate in the race (\$35, Press.org/5k), which starts at 8 a.m. at 14th and F streets NW. For extra Horton, get there early and stay late—he's leading a warm-up at 7:45 a.m. and hosting the awards ceremony.

Dishing Up Meal Steals

Money-saving tips and recipes from EatingWell editors

Cooking

Serving tasty, healthy food for \$3 a serving (or less!) sounds like a “Top Chef” challenge, but it’s actually a cinch. Just crack open “EatingWell on a Budget” (\$18.95, the Countryman Press), which pulls together a collection of the magazine’s cheapest meals and advice on how to lower your food costs overall.

If you have any burning questions — or, hopefully, sautéing and roasting ones — author Jessie Price will be at Politics & Prose (5015 Connecticut Ave. NW; 202-364-1919; Politics-prose.com) tomorrow at 7 p.m. “We want people to know that everyone can eat well affordably pretty easily,” Price explains. “The first step is to resolve to cook at home more, and then really plan out what you want to eat.”

Being organized helps you make focused shopping lists, take advantage of sale prices and craft meal plans that use up everything in the fridge before it turns to mush. “Americans are notoriously bad at wasting food. If we don’t waste so much, we’re going to be saving,” she says.

Another key tip: Stop asking, “Where’s the beef?” “Meat is usually the most expensive thing in a meal,” Price says. So, vegetarian dishes, or ones that use meat sparingly (such as pastas and soups), are a simple way to save. And they can still be fancy enough to serve to discerning guests. “The cous-cous, lentil and arugula salad is a sophisticated recipe that tastes great,” Price says. She also can’t get enough of the Italian vegetable hoagies, which remind her of

Recipe File



IMAGE REPRINTED COURTESY OF EATINGWELL AND THE COUNTRYMAN PRESS

ITALIAN VEGETABLE HOAGIES

Time: 20 minutes

Ingredients:

- ▶ **1/4 cup thinly sliced red onion, separated into rings**
- ▶ **114-ounce can artichoke hearts, rinsed and coarsely chopped**
- ▶ **1 medium tomato, seeded and diced**
- ▶ **2 tablespoons balsamic vinegar**
- ▶ **1 tablespoon extra-virgin olive oil**
- ▶ **1 teaspoon dried oregano**
- ▶ **116- to 20-inch-long baguette, preferably whole-grain**
- ▶ **2 slices provolone cheese (about 2 ounces), halved**
- ▶ **2 cups shredded romaine lettuce**

▶ **1/4 cup sliced pepperoncini (optional)**

Makes 4 servings

Place onion rings in a small bowl and add cold water to cover. Set aside while you prepare the other ingredients.

Combine artichoke hearts, tomato, vinegar, oil and oregano in a medium bowl. Cut baguette into four equal lengths. Split each piece horizontally and pull out about half of the bread from each side. Drain onions and pat dry.

To assemble sandwiches, divide provolone among the bottom pieces of baguette. Spread on the artichoke mixture. Top with onion, lettuce and pepperoncini, if using. Cover with the baguette tops. Serve immediately.



Per serving: 264 calories; 8 g fat (3 g sat., 4 g mono.); 10 mg cholesterol; 39 g carbohydrate; 14 g protein; 8 g fiber; 624 mg sodium; 174 mg potassium

“Americans are notoriously bad at wasting food. If we don’t waste so much, we’re going to be saving.”

— JESSIE PRICE, FOOD EDITOR OF THE EATINGWELL MAGAZINE GROUP

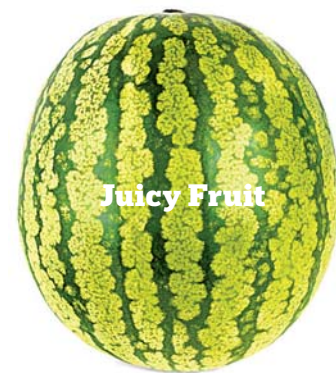
her childhood in Philly — minus the steak (see recipe).

Staying seasonal for meals boosts nutritional value while lowering costs, so it’s smart these days to take advantage of summer’s bounty of produce. Price recommends hitting up farmers markets near closing time to get a deal, because no one usually wants to truck leftovers home.

But you can be full and frugal any time of year by stocking up on the right staples. Price’s kitchen always has frozen vegetables, canned tuna and, of course, canned beans. “Even though it’s a cliché of budget eating, it’s cliché for a reason,” says Price, who dumps them in salads and purees them for dips. You might also want to consider picking up a box of instant mashed potato flakes. It’s cheap, but it’s responsible for the “luxurious mouth feel” of the book’s salmon chowder recipe.

Don’t believe you could change your cooking habits to trim the calories and costs of your meals? That’s why Price included a short piece in the book about the program Through the Kitchen Door (kitchendoor.org), a D.C.-based nonprofit that teaches recent immigrants and low-income residents how to do just that. “They’re demonstrating what this book is about in action,” Price says.

After the reading, TTKD will be hosting a fundraiser next door at Comet Ping Pong (\$45; 8 p.m.-10 p.m.; 5037 Connecticut Ave. NW). VICKY HALLETT (EXPRESS)



Juicy Fruit

Eat Watermelon

Watermelon isn’t the nutrient wimp it’s often pegged to be. Rich in vitamins A and C, the red flesh also contains lycopene (up to 20 milligrams in two cups), a potential cancer-fighting antioxidant. “It’s sweet, but not ultrasweet, and that’s why it pairs well with savory foods,” says Ingrid Hoffman, host of Food Network’s “Simply Delicioso.” She suggests these new twists:



● **Cut the melon into chunks**, soak them in spiced rum (optional), then freeze. When ready to eat, dust with sea salt and a bit of turbinado sugar. “The sweet and salty combination with the icy texture is amazing,” Hoffman says.

● **Lightly coat 2-inch pieces with olive oil**, then place on a skewer and grill for one to two minutes per side. (Use melon that’s just peaking; overripe fruit will disintegrate when heated.) After grilling, top with fresh mint or basil and serve alone or over grilled whitefish.



● **A thin slice makes a great sandwich topper in place of tomato**. Smear mustard or oil on the bread to create a barrier so that the bread doesn’t get soggy. (REPRINTED WITH PERMISSION OF WOMEN’S HEALTH MAGAZINE © RODALE INC.)

You Won't Burn After Reading

Frolic in the sun, but don't forget to fight skin cancer

Dermatology

More than a million cases of skin cancer occur each year in the United States, including 60,000 cases of deadly malignant melanoma. Skin cancers tend to target people ages 50 and older, but the damage is largely done when victims are in their 20s and 30s. "Every photon of light can lead to a wrinkle, brown spot or cancer," says William Heimer, a board-certified dermatologist in San Diego. "Protecting your skin should be an everyday thing, like brushing your teeth."

Watch the Clock

It takes only five moderate sunburns throughout your lifetime to double your melanoma risk. So, be sure to wear sun protection between 10 a.m. and 4 p.m., when the sun's more potent UVB rays are strongest, says Adnan Nasir, a clinical professor of dermatology at the University of North Carolina.



Double Your Protection

"When applying sunblock, imagine you're painting a wall," Nasir says. "You need two coats, and you want to make sure

every inch is covered." Apply it 20 minutes before you go out and again every two hours, or each time you sweat or towel off after a swim. We like La Roche-Posay Anthelios SPF 40 sunscreen (\$30, larocheposay.us) because it provides com-



plete protection from UVA and UVB rays, and contains Mexoryl SX, a compound that won't degrade as quickly in sunlight.

Dress Defensively

"A regular T-shirt has an SPF of about 5," Heimer says. "That means a lot of UV light is filtering through." If you're planning to be outside between 10 a.m. and 4 p.m. — for a round of golf, say — wear clothing with built-in SPF. (Find cool styles at Sundayafternoons.com.) Or sprinkle a laundry aid such as Sun-Guard (Sunguardsunprotection.com) into your wash. It increases clothing's SPF to 30.

Run on Dunkin'

A 2007 Rutgers University study found that a combination of caffeine and exercise lowered the risk of UVB-induced non-melanoma skin cancer in mice. "It enhanced their bodies' ability to kill off cells damaged by UVB, so they were eliminating precancerous cells from the skin before they caused harm," says Allan H. Conney, a study author.

Save Your Face

"Wear at least an SPF 15 sunblock on your face every day," Nasir advises. That includes cloudy days. "UVA rays easily penetrate clouds, glass and most windows," he says. And although these rays won't leave you crispy the way UVB light can, they penetrate the skin more deeply. "Many years of UVA damage is equivalent to a few years of UVB damage," he says.



Avoid Tanning Beds

A visit to the fake 'n' bake nearly triples the risk of squamous-cell carcinoma and almost doubles your risk of basal-cell carcinoma. "Sunlight has a mix of rays, but tanning beds contain mostly UVA rays," Nasir says. "Fifteen minutes is like four hours in the July sun." JENNA BERGEN (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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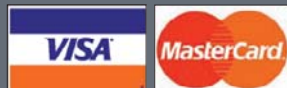
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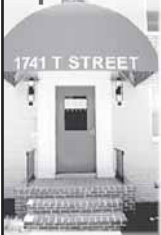
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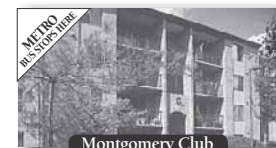
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Oh, No, She Didn't
Kitty Kelley sells
the rights to turn her
Oprah bio into a film **39**

Sound Bets



Funk Summer

With summer hits by Lady Gaga, Usher and Katy Perry dominating radio right now, I've opted to fall into a rabbit hole and emerge in July 1984, when the Time released "Ice Cream Castle" and Prince put out "Purple Rain." I remember marching into Kmart to buy both albums on cas-

sette. (Needed to keep the jams boom box-portable.)

"Purple Rain" ranks among the best records ever, but "Ice Cream Castle" is sometimes

overlooked as a funk classic. It features six tracks produced and penned by Prince, two of which were massive hits due to their prominent appearance in the "Purple Rain" film: "Jungle Love" and "The Bird." They're both summer classics, but I also love the song "Ice Cream Castles," a low-key melodic tune that indulges Prince's love of pop. It showed Time singer Morris Day as a solid crooner, not just a fabulously squawking front man.

Due to Prince's overriding control of the Time, the group splintered into numerous projects, including the star-making production duo Jimmy Jam and Terry Lewis. Since then the Time has reconvened several times, but "Ice Cream Castle" stands as the band's finest summer treat.

Heartbreaking Beauty

'Dark Night of the Soul' is a testament to the talent of the late artist Mark Linkous

Album Review

Reading the list of collaborators for "Dark Night of the Soul" — the album created by producer Danger Mouse and late musician Mark Linkous operating under his Sparklehorse moniker — is a sign not only of how good the album is but of how respected Linkous was before his suicide in May.



Dark Night of the Soul

Danger Mouse and Sparklehorse

Thanks to performers such as the Flaming Lips, Iggy Pop, Julian Casablancas and Vic Chesnutt, who also committed suicide in December 2009, the album — which will be released Tuesday, after being completed last year — packs serious cred. It's a collection of 13 alternately beautifully fragile and viscerally catchy tracks that shimmer and transform, not only displaying the best of the album's collaborators but of Linkous himself.

Under the guiding hand of Danger Mouse — who has displayed his ability to mesh together different genres, thanks to his time in Gnarls Barkley with Cee-Lo and in Broken Bells with James Mercer of the Shins — nearly every song on "Dark Night" is fairly unexpected.



Backstory For decades, Mark Linkous created lo-fi alternative rock, first with the Dancing Hoods in the 1980s and then as Sparklehorse, the group's only consistent member during its 15-year existence from 1995 to Linkous' death. And though he struggled with drug addiction and professional frustrations, he couldn't have been too lonely a man. Collaborators over the years on albums such as "It's a Wonderful Life" included Tom Waits, PJ Harvey and Vic Chesnutt. R.H.

DANNY LINCH/CAPITOL RECORDS

Under the guiding hand of Danger Mouse, nearly every song is fairly unexpected.

Opener "Revenge" features the same breathy and ethereal quality of all moping Flaming Lips tracks; "Little Girl" with Casablancas displays similar rapid-fire vocals ("A trick that people use/To make you think that they're smart/Is confidence, when actually/They're lost in the dark," he spits out) and toe-tapping, blipping-and-blooping synthpop. "Pain" gives us just the right amount of Iggy Pop. He snarls, warbles and mocks organized religion ("Good karma will not get you anywhere/Look at Jesus," he suggests).

But the best tracks are undeniably the most heartbreaking, such as "Star Eyes (I Can't Catch It)," a spacey, dreamy track that sounds like it's everywhere at once. With xylophones and synthesizers, the song featuring director David Lynch (who also created 50 or so original images for the album, which will be on exhibit beginning Tuesday at the Morrison Hotel Gallery at Bowery and Bleecker in New York City) is almost otherworldly, an overwhelming three minutes of painfully pining lyrics: "Please, please/Sunshine/Be mine/Come back ... Send love." It reads a little silly, but if you don't get goose bumps while listening to it, you've never experienced heartache. **ROXANA HADADI**

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1 Killer Robots I

"Metropolis," Fritz Lang's silent sci-fi German Expressionist masterpiece from 1927, has been restored and embellished with previously lost footage, and it's playing this week at the Avalon accompanied by its original score. And if "silent sci-fi German Expressionist masterpiece" doesn't sound like your kind of thing — OK, fair point. **Avalon Theater, 5612 Connecticut Ave. NW; through Thu.; 202-966-6000, Theavalon.org. (Friendship Heights)**

2 Killer Robots II

Imagine you're the last surviving man on Earth, faced with a horde of vicious robots who want to kill you, and you have to talk them out of it. No, that's no fun. Imagine this guy named Ben is the last surviving man and YOU'RE a killer robot. Much better. That's basically the plot of "Do Not Kill Me, Killer Robots," which is part of the Fringe Festival this year. **The Point at Fort Fringe, 1013 7th St. NW; through Sun., \$15; Capfringe.org. (Mt. Vernon Square)**

3 No Killer Robots, But Pirates!



Shakespeare loved the ocean so much that he occasionally wrote about the coasts of countries that have no coasts, so it's no wonder the Folger Shakespeare Library devoted a whole exhibit ("Lost at Sea") to the presence of the ocean in his work. Tonight, exhibit curator Steve Mentz will give a lecture on Shakespeare's fascination with the sea. **Folger Theatre, 201 East Capitol St. SE; Tue., 7:30 p.m., \$15; 202-544-4600, Folger.edu. (Capitol South)**

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TV tonight **lookout**

Inexplicable 'Affairs'

Another spy thriller revolves around a gorgeous CIA agent

Premiere

USA
10:00

The new series "Covert Affairs" isn't believable for a second. And it doesn't have to try. For reasons never truly explained, fetching blonde Annie Walker (Piper Perabo) joins the CIA and acs every exam. She's a natural asset and gorgeous to boot.

Could that be why she was plucked out of training and planted in a dangerous assignment before she had a chance to get her clothes dry-cleaned? In the ultra-sleek Langley, Va., headquarters, everyone has an agenda. And only half of them seem to be sleeping with Annie.

Her best, or only, friend on the job is Auggie Anderson (Christopher Gorham), a sightless Iraq war vet who orients her to the job and provides a heavy dose of "blind



Piper Perabo is a nerd stuck in the body of a beauty — just like all CIA agents.

leading the blind" metaphors.

Peter Gallagher and Kari Matchett play an estranged husband-and-wife team engaged in cat-and-mouse CIA games with the bad guys and with each other.

Annie's married sister (Anne Dudek) has no idea of her secret vocation. But she is forever trying to set her up on dates. It's just not natural that sis has never gotten over an island romance from a few years back, seen several times in gauzy flashbacks.

We learn little about Annie in the pilot, save for her facility with six languages and about her very broken heart. Could these be the only reasons she has joined the "Company"?

Spy thrillers featuring stunning leads ("Alias" and "La Femme Nikita") tend toward the baffling. "Covert" is a tad less challenging. Think of it as a variation on "Legally Blonde," where Reese Witherspoon becomes Jane Bond to get back at her boyfriend. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Best Bets

NBC
8:00

Losing It With Jillian Jillian visits Huntington Woods, Mich., to help overweight parents Amy and Todd Franklin. After undergoing gastric bypass surgery, Amy lost 100 pounds but since then has regained half of that, while Todd secretly snacks compulsively.

FAM
8:00

Pretty Little Liars The issues of a boyfriend's virginity pledge and a vengeful sister are pushed to the back burner when one of the Liars makes a shocking choice of a homecoming date that could put her in an awkward situation, forcing her friends to rally around her.

USA
9:00

White Collar The series returns for its sophomore season as an elusive thief targets a handful of New York's banks. It's up to Peter and Neal (Matthew Bomer, right) to thwart his next heist. It soon becomes clear, however, that the duo is dealing with no ordinary criminal.



MTV
10:00

The Hills After five years and six seasons, the tabloid-fodder series comes to an end. Kristin, left, ponders making a major decision in her life that may affect her future with Brody, while Audrina attempts to finally begin a life without Justin. (EXPRESS/TRIBUNE MEDIA)



Reality



D-List Demo

After being honored with the Ally for Equality award at the Human Rights Campaign's annual dinner, Kathy Griffin travels to Washington to support the repeal of "don't ask, don't tell" on "Kathy Griffin: My Life on the D-List" (10 p.m., Bravo). Buoyed by the opportunity to speak before the U.S. Senate on the subject, Griffin tries to build even more support by sending an urgent tweet to her fans, inviting them to a peaceful protest on the Mall. (TRIBUNE MEDIA)



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COMMENTER NOTAFAN

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"I agree with Jesse [Jackson] on this one. LeBron [James] was not indebted to Cleveland for the duration of his life."

— HICKTOWNPRESS.COM BACKS THE CIVIL RIGHTS LEADER'S COMMENTS ABOUT CAVS OWNER DAN GILBERT. JACKSON SAID GILBERT SEES JAMES AS A "RUNAWAY SLAVE" AFTER THE OWNER'S COMMENTS REGARDING THE NBA FREE AGENT'S DECISION TO JOIN THE MIAMI HEAT.

"THE HULK has some fairly obvious anger issues. ... The same might be said of Edward Norton, the two-time Oscar nominee whose talent and temperament are often mentioned in the same breath by Hollywood insiders."



— LATIMESBLOGS.LATIMES.COM/HEROCOMPLEX REACTS TO NEWS THAT NORTON WILL NOT BE REPRISING HIS ROLE FOR THE MARVEL STUDIOS FILM "THE AVENGERS," SLATED FOR A 2012 RELEASE.

Blog Log



"Some may call this dude, a Spaniard by the name Jaume Marquet Cot, an idiot. We call him a legend. ... Even though he didn't fully accomplish his goal, good thing is he can still show his grandkids the YouTube video."

— JERSEYCHASER.COM THINKS THE MAN KNOWN AS JIMMY JUMP HAS NOTHING TO BE ASHAMED OF FOR TRYING TO PUT A HAT ON THE WORLD CUP TROPHY SUNDAY.

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National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
www.clinicaltrials.gov Protocol # 08-M-0196

NIMH
National Institute of Mental Health

Are You a Healthy Smoker?

Doctors at the NIMH are seeking healthy volunteers to participate in research studies on mood and anxiety disorders. If you smoke cigarettes, and do not have any medical conditions, consider participating in these studies. Participation in these studies may include a physical exam, lab work, brain imaging, medication and/or psychological interviews during a minimum of 3 outpatient visits to the NIH Clinical Center in Bethesda, Maryland. There is no cost for study-related tests, medications, or procedures.

You may be eligible if you are:

- Between the ages of 18-65
- Medically healthy
- Not currently taking any medication
- Free of current or past history of psychiatric illnesses
- Free of a history of head trauma with loss of consciousness

Volunteers will be compensated for their participation.

Call: 1-866-MAP-NIMH (1-866-627-6464)
(TTY: 1-866- 411-1010) www.clinicaltrials.gov

The National Institute of Mental Health
National Institutes of Health, Department of Health and Human Services

NIMH
National Institute of Mental Health
Study 06-M-0215

puzzles lookout

Horoscope

CANCER (June 21-July 22) You'll learn a thing or two about yourself that will surely come in handy as you face an unexpected yet unavoidable conflict.

LEO (July 23-Aug. 22) You can save money, but not in the usual ways. Indeed, your methods may surprise you while impressing those around you.

VIRGO (Aug. 23-Sept. 22) Don't wait until tomorrow to take care of a situation that threatens to get out of control. Do what you can do immediately.

LIBRA (Sept. 23-Oct. 22) You may have trouble sorting through conflicting information, but in the end you'll realize that you're already on the right track.

SCORPIO (Oct. 23-Nov. 21) A careful, thorough, even scientific approach to a nagging problem enables you to come up with a lasting solution before the day is out.

SAGITTARIUS (Nov. 22-Dec. 21) The stories others tell you will be entertaining, surely, but not all of them will provide substantial information.

CAPRICORN (Dec. 22-Jan. 19) You must be ready and willing to let others off the hook in some way, and take on a new and difficult responsibility yourself.

AQUARIUS (Jan. 20-Feb. 18) The more movement you sense, the more danger you can avoid. The real risk comes from not being aware of what goes on around you.

PISCES (Feb. 19-March 20) You may be forgetting just how others can assist you; they're waiting to lend you a hand, but they're not likely to act without being asked.

ARIES (March 21-April 19) A puzzle facing you can be solved, provided you are able to look at the pictures it presents from more than one point of view.

TAURUS (April 20-May 20) Now is not the time to be guessing; you will want to know the facts and make decisions from a position of certainty.

GEMINI (May 21-June 20) Someone you know well may be threatened by you — simply because you know what you're talking about and are willing to act on it.

Scrabble Grams

PAR SCORE 200-210, BEST SCORE 265

A ₁	E ₁	I ₁	R ₁	G ₂	T ₁	C ₃

--

RACK 1

E ₁	O ₁	T ₁	H ₄	S ₁	S ₁	N ₁

1st Letter Triple

--

RACK 2

E ₁	U ₁	C ₃	S ₁	S ₁	T ₁	P ₃

--

RACK 3

O ₁	U ₁	Y ₄	D ₂	C ₃	T ₁	S ₁

Double Word Score

--

RACK 4

Yesterday's Solution

C ₃	H ₄	I ₁	T ₁	O ₁	N ₁		RACK 1 =	14
G ₂	R ₁	O ₁	W ₄	N ₁	U ₁	P ₃	RACK 2 =	63
N ₁	U ₁	T ₁	C ₃	A ₁	S ₁	E ₁	RACK 3 =	60
V ₄	E ₁	N ₁	I ₁	S ₁	O ₁	N ₁	RACK 4 =	80
PAR SCORE 150-160								TOTAL 217

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

				1				7
	4	9						
3				4	8	2		5
				6			4	
9	8			7		4		2
		4				1		
	6			8	4	5		9
							2	8
5				3				

Yesterday's Solution

2	1	8	4	5	7	6	3	9
7	3	9	2	1	6	5	8	4
4	6	5	3	9	8	1	2	7
6	5	2	8	7	3	9	4	1
9	8	1	5	2	4	3	7	6
3	4	7	1	6	9	8	5	2
5	9	6	7	3	2	4	1	8
8	7	3	9	4	1	2	6	5
1	2	4	6	8	5	7	9	3

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



86 | 75

Today: Showers and a heavier thunderstorm today. Thunderstorms tonight.



93 | 75

Tomorrow: A couple of thunderstorms tomorrow. Partly cloudy tomorrow night.

Looking Ahead



THU



FRI



SAT

95 | 77 96 | 76 93 | 75

Sun and Moon

Sunrise today: 5:54 a.m.
Sunset today: 8:34 p.m.
Moonrise today: 8:03 a.m.
Moonset today: 9:52 p.m.

Almanac

Normal high: 88
Record high: 99
Normal low: 70
Record low: 53

FORECAST BY ACCUWEATHER.COM ©2009



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your lucky day!

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XX303 2x10.5

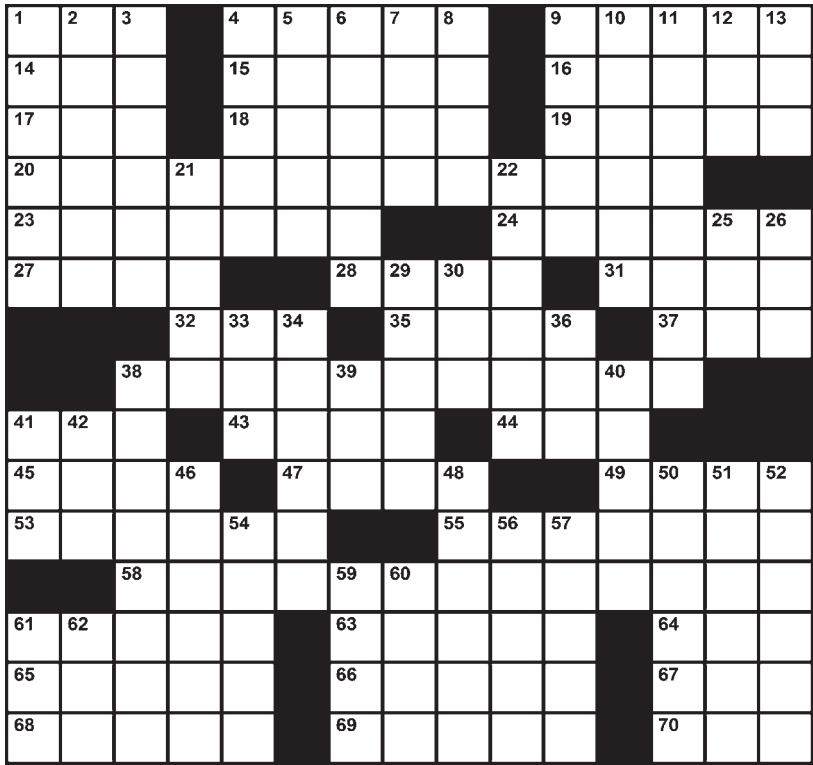
lookout puzzles

Crossword

GHOST STORY

ACROSS

- 1 Water-testing digit
- 4 Cabbage site
- 9 Large blue part of a map
- 14 Paintings, sculptures and such
- 15 One of the dancing Astaires
- 16 ____ cum laude
- 17 Fed. medical research group
- 18 Parking meter component
- 19 Diminish gradually
- 20 What an airline's ghost might provide?
- 23 Persnickety sort
- 24 New Zealand natives
- 27 With 14-Across, a 1920s style
- 28 Belgrade resident, for short
- 31 Aspirin form
- 32 "____ about time!"
- 35 Muck's partner
- 37 Tissue layer
- 38 Wimpy ghosts?
- 41 "Oh, ____ can you see ..."
- 43 Bulldog's school
- 44 Pilot's guess
- 45 Beggar's request
- 47 Defense gp. formed in 1949
- 49 Majority
- 53 Type of ulcer
- 55 Hieroglyphic stone discovery site
- 58 Game for young ghosts?
- 61 Lagoon formation
- 63 Whitman output
- 64 What borrowers do
- 65 "Divine Comedy" author
- 66 Computer messages
- 67 "Ready, ____, go!"
- 68 Bottomless depth
- 69 Postponement
- 70 Shogun's Tokyo



EDITED BY TIMOTHY E. PARKER

DOWN

- 1 Browned at the beach
- 2 Baltimore baseballer
- 3 Of a cultural subgroup
- 4 Page or LuPone
- 5 Mexican farewell
- 6 Tantalizes
- 7 Sheet music sign
- 8 Man of the haus
- 9 Final Greek letter
- 10 Drive-in employee
- 11 Voyages for the vain?
- 12 "... then what?"
- 13 No, in Scotland
- 21 Devoid of emotion
- 22 Permeate
- 25 Sick
- 26 Mischievous
- 29 Actor M. ____ Walsh
- 30 ____ Van Winkle

- 33 Word repeated after "If at first you don't succeed"
- 34 Spiritualist's session
- 36 Small salamander
- 38 Large orchestra
- 39 Fla. neighbor
- 40 Hall of ____ (Cooperstown inductee)
- 41 Schmo
- 42 Stein refill
- 46 Circus worker's wooden legs
- 48 Difficult trial
- 50 Good-for-nothing
- 51 Prepared, as tomatoes
- 52 Immediately like
- 54 Keeps the engine running
- 56 Easier version, in music

- 57 In a bashful manner
- 59 Did an impression of
- 60 Iditarod finish line
- 61 Org. on toothpaste boxes
- 62 Soda can feature

Yesterday's Solution



Today in History

- 1977** A blackout lasting 25 hours hits the New York City area.
- 1985** Live Aid, an international rock concert in London, Philadelphia, Moscow and Sydney, takes place to raise money for Africa's starving people.
- 2005** Former WorldCom boss Bernard Ebbers is sentenced to 25 years in prison for leading the largest corporate fraud in U.S. history.



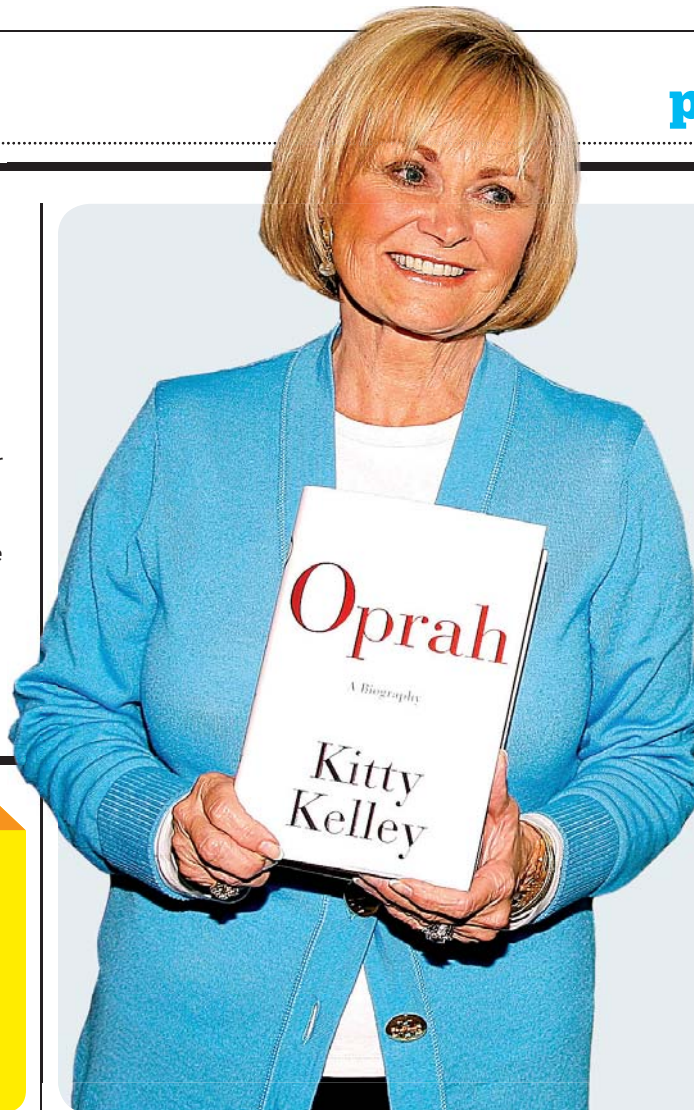
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**HEALED****The Soft-Focus Lights Await You Patiently**

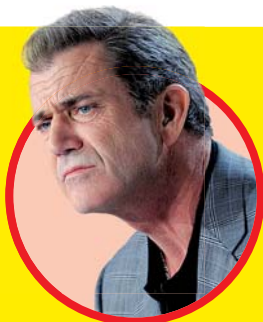
Barbara Walters says she is "fully recovered" two months after open-heart surgery. Walters made her first TV appearance Monday since the procedure in May, checking in with "The View." Walters will take the rest of the summer off and rejoin the show in September. (AP)

**UNAUTHORIZED****No, Oprah Will Not Cameo**

Kitty Kelley has optioned the film rights for her unauthorized biography of Oprah Winfrey, paving the way for a potentially unflattering TV movie or miniseries chronicling Winfrey's rise to power, E! Online reported. The author signed a six-figure deal with longtime biopic producer Larry Thompson, who plans to time the project's release to coincide with the final episode of Winfrey's talk show, on Sept. 9, 2011. (EXPRESS)

Dirtbag Digest**Who's Jesse James?**

In another audio clip posted on Radaronline.com, a man alleged to be Mel Gibson tells Oksana Grigorieva he will kill her and bury her in a rose garden. The Los Angeles County Sheriff's Department has subpoenaed the recordings. (EXPRESS)

**TRAGIC CHANGES****As Bad as When They Let Females Join**

The YMCA's transformation into merely "Y" has upset the Village People. "We are deeply dismayed by today's announcement from the YMCA that they feel a name change and a rebranding are in order after 166 years," the band said in a statement. "While we admire the organization for the work they do, we still can't help but wonder Y." They do not plan to change the lyrics of their iconic song. (EXPRESS)



A culturally insensitive bachelorette stripper act or the Village People?

JEALOUSY**Jeremy London's Casting Made Her Look Less Crazy**

Tila Tequila has withdrawn from VH1's "Celebrity Rehab," Radaronline.com reported, which is supposed to start filming this month. Tequila was the first to sign on, claiming an addiction to Ambien (which she says she snorts). Her manager had no comment, other than confirming her departure from the show. (EXPRESS)



"9 hrs into the master cleanse. I want a steak, a beer, and a blow-pop. Hmmm this is gonna be rough."

— **ASHTON KUTCHER** OVERSHARES ON TWITTER. HE AND WIFE DEMI MOORE ARE DOING A "MASTER CLEANS" — A DIET OF MAPLE SYRUP, LEMON WATER AND CAYENNE PEPPER.

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